

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT
OF AGRICULTURE

Monday, March 21, 1942

SUBJECT: "MORE POULTRY AND DRIED BEANS, LESS PORK." Information from information specialists of the U.S. Department of Agriculture.

--ooOoo--

Your market basket and your country's job of winning the war go together these days. The way you do your marketing day after day counts to your country. The food you choose to buy for your family can help or hinder. You can help by choosing foods the country has in large quantities--foods that are very plentiful. And you can help by buying food that is perishable or for some other reason isn't so good for shipping. You can also help by not buying food that is scarce, or much-needed by our armed forces and allies.

Right now and for a few months to come you can help by using more poultry and more dried beans instead of pork. Baked beans and fried chicken are some of the traditional American dishes. These good American dishes deserve more of a place at your dinner table. If you're considering what to have for Saturday night, say, why not choose baked beans and brown bread instead of pork chops or some other pork dish? And for Sunday dinner why not choose fried chicken or broiled chicken instead of baked ham perhaps or pork chops? And for breakfast now eggs are more plentiful than ham or bacon.

Here's why you'll help your country by serving your family more chicken and less pork for awhile. Pork is a meat that cures very successfully. And cured pork is economical for shipping because it travels safely without refrigeration. So cured pork such as ham or bacon is convenient to ship to our armed forces anywhere. British demands for cured pork are heavy, too.

By next fall a great extra supply of pork will be coming to market as a result of the Food for Freedom campaign. Millions more pigs will build up the fall crop.

But these pigs are too young to sell yet. So you can help by going easy on pork until the country has enough of this meat to supply all its needs at home and abroad.

It's different with young chickens. Broiler and fryers are already on the market in great quantity. Young chickens are making a record this spring. The markets have more than ever before. So young chickens are now cheaper than older birds. As a matter of fact, chicken for frying or broiling is about the same price, pound for pound, as ham or pork roast, or the other pork products you've been buying. Young chickens are going to market by the billion while the hens are staying on the farm to lay more eggs for freedom. Older, larger chickens, not paying their keep by laying eggs, are being canned for shipping abroad or feeding our boys in uniform.

To help you cook these young chickens to perfection the Department of Agriculture has a free bulletin called "Poultry Cooking." You can get that bulletin by sending a postcard to the Department of Agriculture--but more about it in a moment.

Along with chicken on your market list be sure to write beans--dried beans. If you're feeding your family low-cost meals, you may not be able to have chicken very often. Then your way of helping your country will be to have more beans. Dried beans have always been one of the cheapest foods for protein. A pound of dried navy beans contains 2 or 3 times as much protein as a pound of beef, pork or eggs, and costs only a fourth or fifth as much. And two or three times a week is not too often to serve beans as the main dish in low-cost meals. The country has large supplies of dried beans on hand and will have more now that navy beans no longer are going into cans. The War Production Board's order, prohibiting packing beans in tin containers, went into effect the first of March. So instead of eating beans out of a can, you'll be cooking them in the good, old-fashioned way your grandmother and great-grandmother did. One old-time rule to remember for cooking dried beans is: Soak, simmer, season, and bake.

So it's beans or poultry for dinner to help your country with its wartime food problems. And to help you make the most of these good foods the Department of Agriculture has a free folder on dried beans as well as the free bulletin on cooking poultry. To get either of these--or both--write a postcard to the U. S. Department of Agriculture, Washington, D. C. Give your name and address. And ask for the folder "Dried Beans and Peas in Low-Cost Meals, and the bulletin "Cooking Poultry". "Cooking Poultry" is Farmers' Bulletin 1888, if you prefer to order it by number.

The folder on beans will tell you just how to make Boston baked beans and Michigan baked beans, Western beans and Mexican style beans, and that good Southern dish called "Hopping John." It tells you how to make bean stew, bean loaf, bean and soup, bean chowder. It's full of economical bean recipes. And it tells you all the whys of cooking beans, too--tells you why you use soft water for soaking and cooking beans, and why you simmer beans instead of boiling them, and why you never use soda to soften beans.

As for the bulletin on cooking poultry (No. 1888), that tells you in words and pictures just how to fry chicken in deep or in shallow fat, how to make cream gravy to go with it, and how to cook young birds with the flame of a gas-oven or picnic fire.

Just remember, when you go to market, to buy more poultry or more beans, and to hold back on pork until there's more pork.

#

